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## State Society

County secretaries are reminded of the resolution passed by the House of Delegates at the annual meeting in May, 1921, that "the annual State society dues shall be fixed at \$8 per annum for the year 1922, an increase of \$1."

Prompt payment, and report of payment, insures full protection and all the rights and privileges at all times for all members in continuous good standing. Secretaries should be particular that all members understand that defense is afforded only to members whose dues are kept fully paid in accordance with the following:

that all members understand that defense is afforded only to members whose dues are kept fully paid, in accordance with the following:

Medical Defense Rules, Section 3: "Dues must be paid to the secretary of the County Medical Society to which each member belongs, prior to the end of February of each year. Any member whose dues are not paid prior to March 1, and whose name is not reported as having paid his dues by the secretary of his County Medical Society is dropped from the list of members in good standing as of January 1 of such year, and such member is deprived of Medical Defense afforded by the State Society for the period from January 1 of such year to the date when his assessment is received by the State Society."

January 1 of such year to the date when his assessment is received by the State Society."

It would seem that, if there was a more general understanding of this rule, there would be fewer members allowing their dues to lapse until late in the year. We hope to have all members promptly paid and reported, and thus included in our roll of members in good standing for the full year of 1922.

## County Societies

Alameda County (as reported by Dr. Pauline Nusbaumer, secretary)—The monthly meeting of the Alameda County Medical Association was held at the Alameda County Public Health Center, Thursday evening, October 17, 1921, and the following program, arranged by Dr. Reinle, was given: "The Handling of Hypertension Cases" was Dr. Eugene S. Kilgore's subject. Under prophylaxis, he brought out that "heredity is more important than commonly realized, and young persons with a family history of circulatory degeneration should be considered potential cases of hypertension. Experience in re-examining college students after ten years, suggests that the same is often true of young

people with blood pressure at about the upper normal limits. Moderation in eating, drinking, exercise, and excitement, should be prescribed, but with care to secure good nourishment, good physical training, and to avoid anxiety neuroses. This is the time to eradicate focal infections."